



HERITAGE

Happy Holidays

*Please join the
Lowell Senior Center*

December 17, 2019 at 9am – 11am

For an Open House Event

*Welcoming seniors to stop by
and enjoy some*

*Refreshments, tree lighting and some
great entertainment by the kids from*

St. Patrick School

(The kids will be performing at 9:15 A.M.)



Thanks to the local chapter of the Lions for sponsoring a free pizza social in November (Top middle picture)! Pictured in the bottom middle picture: Henry Cauthen, Sherrell Williams, Perla Tejano, Monique Darpoh, Jerry Avila, Michael Laurent



Pictured above ...Deb and Bill show off their walking sticks with instructor James Sarantakis.



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CITY MANAGER

Eileen Donoghue

Assistant City Manager

Kara Keefe

City Council**Mayor**

William J. Samaras

Vice Mayor

Vesna Nuon

Karen A. Cirillo

David J. Conway

Rodney M. Elliott

Edward J. Kennedy, JR

John J. Leahy

Rita M. Mercier

James L. Milinazzo

LOWELL
SENIOR CENTER**Main Number:****978-674-4131**

Fax: 978-970-4134

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**Hours of Operation:**

Monday—Friday:

**Open 6:30 AM—4:00 PM****Complete Breakfast 7:00-9:00 am****Lunch served at 11:30 AM**

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Executive Director: Lillian Hartman

LHartman@lowellma.gov

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**Receptionist:** Tara Donnelly

978-674-1171 ~ TDonnelly@lowellma.gov

~~~~~

Trips & Events Coordinator: Carol Lannan

978-674-1169 ~ CLannan@lowellma.gov

~~~~~

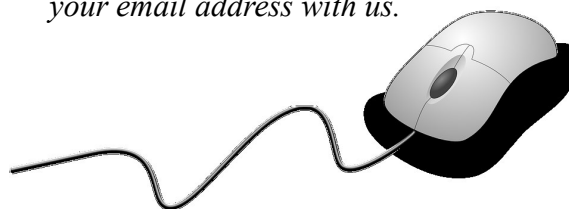
**Outreach Worker:** Amy Medina Leal

978-674-1167 ~ ALeal@lowellma.gov

~~~~~

Volunteer Coordinator: Gladys Rosa

978-674-1168 ~ CRosa@lowellma.gov

Prefer reading *The Heritage Newsletter* online?Visit: www.lowellma.gov/373*Join our e-mail list for weekly updates about events,
and a notice when the newsletter is available online.**Please call Tara or stop by the front desk to share
your email address with us.***City of Lowell**
Veterans Services**Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

Head Clerk

Carmen Felix

978-674-1596

CFelix@lowellma.gov

Head Clerk

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

Office Hours:**8:00 A.M. - 4:00 PM.****Monday - Friday**

COA 2nd Floor

Fax: 978-446-7270

COUNCIL ON AGING
BOARD OF DIRECTORS

Andrew Hostettler, Chair

Joyce E. Dastou

Mary Donnelly

Eric Lamarche

John R. Lawlor

Vincenzo Milinazzo

Amy Pessia

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**Next meeting:****Monday, December 9th****at 9:00am - Public Welcome****Senior Abuse**  
**Hotline Number**To report suspected elder  
abuse, call: 1-800-922-2275**DTA Hotline**  
**(SNAP/Food Stamps)**Direct line for seniors:  
1-833-712-8027**Elder Services of Merri-**  
**mack Valley & North Shore**Meals on Wheels, Assistance  
with Home Care, Case  
Management, Support for  
Seniors and Caregivers  
1-800-892-0890**Legal Services**  
**Assistance & Referrals**  
1-800-342-5297



## **Director's Message**

In December we are pleased to launch a complete breakfast program at the senior center Monday to Friday, 7-9am for \$1.50. Suggested items for a nutritious meal will be provided along with extra choices. We'll continue to offer free coffee until 2pm each day, and donated bakery items to take home. When you come for breakfast please use your swipe card and touch the breakfast button to sign in. Breakfast fees will be collected in a wall box next to Tara's office for now.

Chef Joe Wilkins comes to us with a wealth of experience cooking for restaurants, nonprofit programs and local events. Please make note of our December lunch menu and stop by for lunch sometime to meet him. We'll be adapting the menu over time based on feedback, and trying new foods to attract visitors who don't usually dine with us. Please feel free to share recipes and ideas with Joe.

Exciting things are happening as our staff team grows at the senior center. If you would like to be involved in our breakfast or lunch program as a volunteer, please talk to Gladys. We are also collecting names of people willing to shovel out senior neighbors when it snows. Volunteers can be adults or under age 18 with a guardian. As this list of volunteers grows, we hope to be able to offer shoveling to seniors most in need this winter. Please help spread the word, and stay warm as we transition to this colder winter season.

Happy Holidays!

*Lil*

## **Support Group for Grandparents Raising Grandchildren**

Friday, Dec. 6, 1-2:30 PM

First Friday of every month

Please RSVP to Cynthia Hession-Richard, LSW, CP Family Caregiver Support Facilitator, Elder Services of the Merrimack Valley, Inc. 978-946-1445, [chession@esmv.org](mailto:chession@esmv.org)

## **Special Events**

### **Managing Diabetes for Friends and Family**

Tuesday, Dec. 3 at 12 noon

Join RNs Margaret Sarno and Jackie Carstens for a half hour presentation on managing Diabetes. Learn how to use a glucometer, signs and symptoms of high and low blood sugar, and the ABCs of managing Diabetes. This will be helpful for family members and friends. Both are current continuing education students at UMass Lowell. Handouts in English and Spanish.



### **Wreath Making with Carol**

Thursday, Dec. 5, 10 am - 11:30

Bring your own wreath, decorations will be provided. Space is limited, please sign up in advance with Carol.



### **Recycled Treasures Art Workshop with Lolita Demers**

Thursday, Dec. 12th, 10-11am

Repurpose household items into beautiful gifts and decorations. Workshops are led by Lolita Demers, a recently retired school art teacher. On Dec. 12, decorate an ornament or make a tabletop no-melt snow person. FREE but advance sign-up is required.



# INTRO TO MINDFULNESS វិបស្សនា

**Bilingual  
Khmer/  
English  
Mindfulness**

LIVE, WORK, AND LOVE WITH PURPOSE!

រៀនពីវិធីអប់រំផ្លូវចិត្តដើម្បី៖ រស់នៅ ធ្វើការ និង ផ្តល់នូវសេចក្តីស្រឡាញ់ដោយមានគោលដៅ

Thursday,  
Dec. 26  
12 noon

At the Senior Center (rides available from CMAA). All are welcome. Come learn meditation and yoga practice, and share refreshments. For more information, contact Tooch Van by email [tvann@cmaalowell.org](mailto:tvann@cmaalowell.org) or phone at 978-454-6200.



**DOUG KWARTLER**  
SONGWRITER / PRODUCER

"Doug Kwartler brings to the 21st century the passion and perception of the great 20th century folk singers like Woody Guthrie and early Bob Dylan."

- Nick Noble, Host - The Folk Revival, WICN, 90.5FM Worcester, MA

**Monday**  
**December 9th, 2019**  
**12:00 noon to 1:00 pm**

## **Transportation Assistance**

Tuesday, Dec. 10, 12-1pm

Learn about RoadRunner Senior Dial-A-Ride for medical and ADA Paratransit for all kinds of trips, as well as CareRide medical transportation. Representatives will be here with application forms.

## **Friday Socials**

Fridays,  
Dec 13, and 27  
12 noon to 3pm

Our long tradition of music for dancing continues on Friday afternoons, now without any cost. If you'd like a meal, please come by 11:30am to eat from our lunch menu (no longer limited to fish).

## **New Year's Eve Toast**

After lunch, count down to the strike of NOON on Dec. 31, with a sparkling cider toast. We'll share memorable events of the past year, and write about our dreams for 2020.



**Mah-Jong**

Mondays

12:00 to 3:00 pm

Board Room

**FREE****Computer and  
tablet assistance  
with Pierre and Don****Fridays 9:30 – 11:30**

This is **NOT** a teaching  
classroom but a problem  
solving workshop

**2nd Floor Computer Lab****B - I - N - G - O**

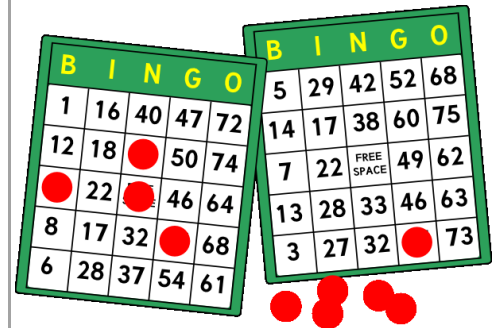
Every Wednesday

1:00—3:00 pm

50¢ per card,

sales start at noon

Prize amounts vary due to attend-  
ance. PLUS additional prizes!

**Knitting & Crochet  
Group**

Tuesdays 12:00—3:00 pm

2nd Floor Classroom

**Newcomers  
welcome!****Quilting Group**

Wednesdays

12:30—3 pm

2nd Floor Classroom

Newcomers welcome,  
beginners to advanced!

**Lowell Senior  
Center Singers**

Rehearsals:

Mondays at 1:00 pm

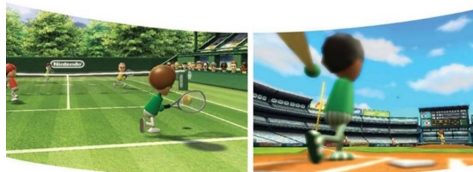
2nd Floor Classroom

**Cribbage Players  
Needed!**

Tuesdays

12 noon to 3:00 pm

Cardroom

**Wii Bowling****Tuesdays & Fridays****11:45 am to 12:45 pm****2nd Floor Board Room****Cards!**

Thursdays

12 noon to 3:45

45's

Wednesdays &amp; Fridays

9:00 to 3:45

Poker



## Doctors, Nurses & MORE

Blood Pressure &  
Weight Check with

Stay tuned for info on the next  
dates for Circle Health!

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Albert Gauthier RN:

Wednesdays
from 9:30—11:30 am

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**Dr. George Potamitis**  
**from Pro-Rehab:**

Question and Answer sessions  
Wednesdays from 10-11 am

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Anxiety Support Group

With Steve Coupe
Tuesdays: 2-3:45 pm
2nd floor Library

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**Reiki**

with Jane Breault  
SEE or CALL Tara  
Nurse's Station  
At will offering.

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Foot Clinic
with Diane Stanley, RN

3rd Thursday of the month
9:00am – 12:00pm ... \$30.00 fee

A Total Foot Care appointment including: foot assessment, toenail trimming and filing, reduction of nails/corns/calluses as needed, education to help maintain self-care, and a relaxing foot massage.

Call Amy for appointments:
978-674-1167
2nd Floor Nurse's Station

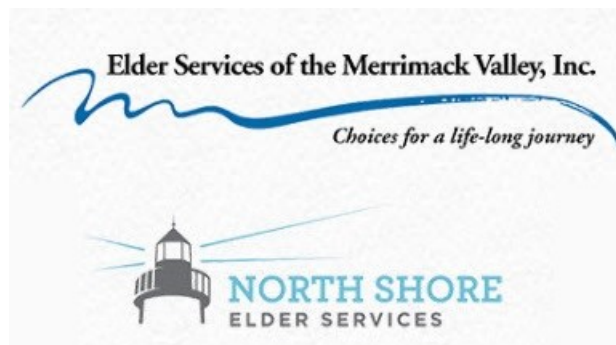


Fall Prevention Day at Lowell Senior Center

Thursday, Dec. 19, 10 am -12 noon

Falls are one of the leading causes of 9-1-1 calls for people over 60, and can lead to serious injury with long recovery periods. Check out your level of fall risk and take preventive steps to keep your home and body safe!

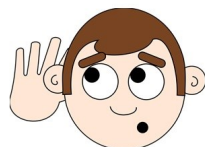
- Matter of Balance class sign-ups -- Elder Services of Merrimack Valley
- Balance assessments
- Physical therapy consultations
- Vision Testing
- Lifeline Alert
- Personalized medication review with a pharmacist
- Tai Chi demo



Affordable Hearing

Free Hearing Test
with Christopher Streeter
Every 4th Wednesday
10:00 am

2nd Floor
Board Room
MA Lic. # 198/
NH Lic. # H547



Meet Counselor Joan Gong

Mondays 8:30 am

2nd Floor
Nurse's Station
First come, first served! For more information, call 1-800-243-4636, press 3 for SHINE



FREE Exercise Room

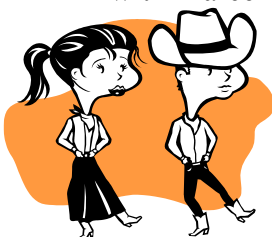


Open Monday-Friday
6:30 am—4:00 pm

Required:
Doctor's note
& Sneakers

Country Line Dancing

with Marcella Groulx



Tuesdays
10am to 12pm
(except 2nd
Tuesday of
every month)
\$5.00

YOGA

with Christine Connolly,
RN, BSN, RYT 500-hour Kripalu Yoga
Teacher, Reiki II Practitioner

Tuesdays ~ Board Room
2-3 pm Gentle Kripalu Yoga

Wednesdays ~ 2nd Floor Classroom
10-11 Gentle Kripalu Yoga
11:15-12 Men's Yoga Class

\$5 per class, no longer grant supported

Helps with arthritis,
flexibility, strength,
mobility, range of
motion, pain, high
blood pressure,
breathing, circulation,
& stress!



"On the Move" Fitness

with Marian Silk

\$2.00 per class
Great Hall



Mondays and Thurs-
days:
9:00 - 9:55 am

Wednesdays:
8:30 - 9:25 am
(I like to end 5 minutes
early so we are out the
door in one hour!)

Holiday Dinner Dance

Friday, Dec. 20 ... 11am - 3pm ... Price: \$7

This month DJ Dave Garnick plays tunes for couples and
line dancers. Win door prizes and raffles!

Menu

- Fresh Salad
- Chicken Pie with fresh mashed potatoes, green beans,
dinner rolls
- Chocolate Dessert

Please RSVP with Tara
early. A full guest count
is due by Dec. 13 to or-
der food.

*Open seating helps new-
comers feel welcome.*

Tables may be reserved
only with 8 pre-paid
guests.

*If you prefer to skip
lunch, please come at
noon to listen and
dance for free. Thanks
to CDBG funding for
supporting DJs.*



FREE Bone Builders

8:30 am Monday & Wednesday
1:30 pm Monday & Thursday

Learn how to strengthen your mus-
cles, maintain or increase bone den-
sity, improve your balance, build
confidence, prevent falls, nutrition
& lifestyle changes, & make new
friends! 2nd Floor Classroom.

Call 978-674-4131 to register.
Doctor's approval REQUIRED

TAI CHI

Tuesdays 10:15– 11:15
\$3 per class in 2nd Floor Classroom

Helps with: arthritis, strengthening the
immune system, high blood pressure,
and osteoporosis!
Acupressure points
also taught: for head-
aches, stress, upset
stomach & more!



Bus Trips to Group Travel Venues ~ ages 60+ ONLY

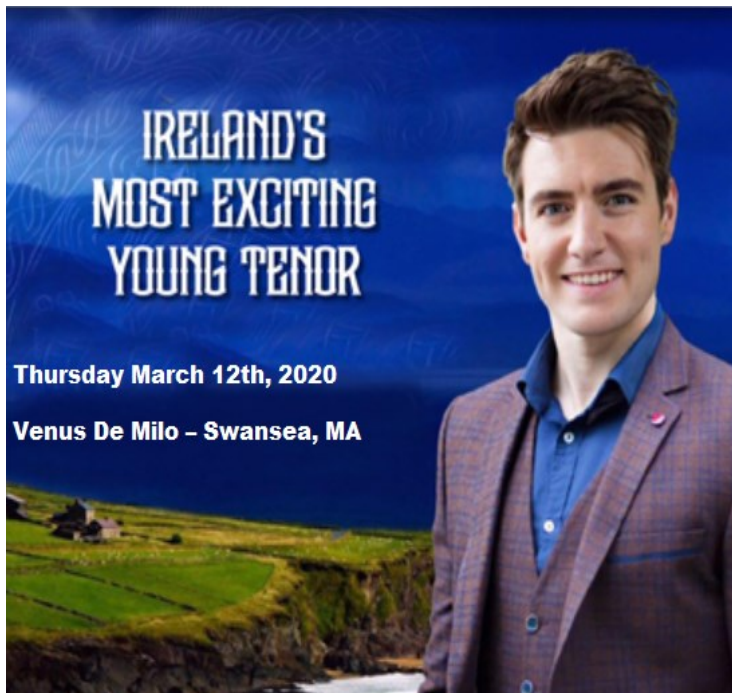
For quicker reservations and better seats, starting in 2020 all checks for Newport Playhouse, Best of Times, Fox Tours, and other specialty trips should be made payable to those partners directly. Carol will continue to collect checks and mail in group reservations. Payment is due in full **one month prior** to travel date.

The office is open from 6:30am-2:00pm.

Detailed flyers available outside the 2nd floor office.

For more info, contact Carol Lannan at 978-674-1169 or CLannan@lowellma.gov.

Parking locations to be announced prior to each trip.



Mutts Gone Nuts

Date: Sunday April 26th



Carole King Tribute - Home Again

Tuesday May 19th, 2020

Danversport Yacht Club – Danvers, MA



Comedy Hypnosis Show

Tuesday, June 16th, 2020 ... \$79!

\$7.00 Day Trips for ages 60+

<u>Day</u>	<u>Date</u>	<u>Destination</u>	<u>Depart</u>
<u>Dec.</u>	<u>trips</u>	<u>on sale beginning</u>	<u>Nov. 26</u>
Thursday	5	Quincy Market	9:00
Monday	9	Burlington Store	9:00
		Billerica Ma	
Thursday	12	Christmas Tree Shop	9:00
		& Grand Buffet	
Monday	16	Burlington Mall	9:00
Thursday	19	Pheasant Lane Mall	9:00
<u>Jan.</u>	<u>trips</u>	<u>on sale beginning</u>	<u>Dec.</u>
<u>Day</u>	<u>Date</u>	<u>Destination</u>	<u>Depart</u>
Thursday	9	K Market, Asian	10:00
		Groceries, Westford	Street
		Door to door pick-up	
Monday	13	Jay Ambe, Indian	10:00
		Groceries, Middlesex	Street
		Door to door pick-up	
Tuesday	21	Pheasant Lane Mall	10:00
Tuesday	28	Bayon Market, Asian	10:00
		Groceries, Branch	Street
		Door to door pick-up	

All \$7.00 trips are payable to "LCOA" by check or money orders only! NO REFUNDS. Up to 36 seats.

Parking locations to be announced.

Please be sure to sign-up for trips right away & call if you need to cancel. Some trips fill up fast and we need a minimum number of people or the trip could be cancelled.

Place & time subject to change! A trip may be cancelled due to inclement weather.

Affordable Senior Transportation

\$1 Roundtrip Rides for Grocery Shopping

<u>Neighborhoods:</u>	<u>Dates:</u>	<u>Location:</u>
Centralville, Pawtucketville (starting at 11:30)	Tuesday, Dec. 3	Sunrise Plaza, Lowell
	Tuesday, Dec. 17*	
	<u>MONDAY</u> , Dec. 30	
Highlands, Lower Highlands	Friday, Dec. 6	East Gate Plaza, Chelmsford
	Friday, Dec. 20*	
Back Central, Belvidere, Sacred Heart, South Lowell	Tuesday, Dec. 10	Stadium Plaza, Tewksbury
	<u>MONDAY</u> , Dec. 23	

FREE Daily Bus Ride

The Lowell Senior Center offers free transportation to the Senior center 5 days a week. Call 978-674-4131 before 9:00 a.m. on the day you want to visit! Rides home daily at 1:30 pm, with an additional ride home Wednesdays at 3:00 p.m. after BINGO.

LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types. Senior Dial-a-Ride is available for all people age 60+ for medical rides only. Call Road Runner at 978-459-0152.

CareRide

CareRide, a pilot program of Elder Services of Merrimack Valley with funding from Lowell General, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 65+.

Sign up at the Lowell Senior Center (978-674-4131), and a ride share vehicle will be scheduled for you by Elder Services. No need to use a smartphone or pay the driver; bills come to your address monthly, \$4/each way for local trips.



Sunday	Monday	Tuesday	Wednesday
1. Weekend meals will restart in Jan. 2020	2. 8:30 Twin Rivers Trip 8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9:00 On the Move 12-4 MAH-JONG 12—MOVIE! p13 1-1:30 LSC Singers Rehearsal 1:30 CTI Bone Builders B	3. 9am Johnny Matthis Trip 10 Computer Class 10-12 Country Line Dancing 10:15-11:15 Tai Chi 11:45 Wii 12 Managing Diabetes Talk p3 12-3:45 Cribbage 12-3 Knitting & Crochet 2-3:30 Anxiety Support Group 2:00 Gentle Kripalu Yoga	4. 8:30 On the Move 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10-11 Gentle Kripalu Yoga 11:15-12 Men's Yoga Class 1-3 Bingo 1:30-3:30 Quilting
8. Weekend meals will restart in Jan. 2020	9. 8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9 COA Board Meeting 9 Billerica Shopping Trip 9:00 On the Move 12 Music Performer 12-4 MAH-JONG 1-1:30 LSC Singers: (Saab Residence) 1:30 CTI Bone Builders B	10. 9-11 CTI meeting (members only) NO Country Line Dancing 10 Computer Class 10:15 Tai Chi 11:45 Wii 12-3 Brown Bag Day, pg 13 12-3:45 Cribbage 12-3 Knitting & Crochet 2-3:30 Anxiety Support Group 2:00 Gentle Kripalu Yoga	11. 8:30 On the Move 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10-11 Gentle Kripalu Yoga 11:15-12 Men's Yoga Class 1-3 Bingo 1:30-3:30 Quilting
15. Weekend meals will restart in Jan. 2020	16. 8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9 Burlington Mall Trip 9:00 On the Move 12-4 MAH-JONG 1-1:30 LSC Singers: (Willow Manor) 1:30 CTI Bone Builders B	17. 9-11 Holiday Open House p 1 10-12 Country Line Dancing 10:00 Computer Class 10:15-11:15 Tai Chi 11:45 Wii 12-3:45 Cribbage 12-3 Knitting & Crochet 2:00 Gentle Kripalu Yoga	18. 8:30 On the Move 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10 Affordable Hearing 10-11 Gentle Kripalu Yoga 11:15-12 Men's Yoga Class 1-3 Bingo 1:30-3:30 Quilting
22. Weekend meals will restart in Jan. 2020 Hanukkah Begins	23. 8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9:00 On the Move 12-4 MAH-JONG 1-1:30 LSC Singers: (Meadow Lodge) 1:30 CTI Bone Builders B	24. 10-12 Country Line Dancing 10:15-11:15 Tai Chi 11:45 Wii 12-3:45 Cribbage 12-3 Knitting & Crochet 2-3:30 Anxiety Support Group 2:00 Gentle Kripalu Yoga	25. CLOSED 
29. Weekend meals will restart in Jan. 2020	30. 8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9:00 On the Move 12-4 MAH-JONG 12—MOVIE! p13 1-1:30 LSC Singers: (D'Youville Manor Up) 1:30 CTI Bone Builders B Hannukkah Ends	31. 10-12 New Years' Toast 10-12 Country Line Dancing 10:00 Computer Class 10:15-11:15 Tai Chi 11:45 Wii 12-3:45 Cribbage 12-3 Knitting & Crochet	January 1st, 2020—CLOSED  Kwanzaa Ends

Thursday	Friday	Saturday
5. 9 Xmas Tree/Buffer Trip 9 On the Move 10 Wreath Making with Carol 12-3:45 Cards: 45's 1:30 CTI Bone Builders B 2 Computer Class	6. 8-9:30 Veterans Coffee Social 9:30 Computer/Tablet Assistance 11:30 Poker 11:45 Wii Games 1-3 Senior Social \$1.00 1-2:30 Grandparents Raising Grandchildren	7. Weekend meals will restart in Jan. 2020
12. 9 On the Move 9 Methuen Shopping Trip 10 Recycled Treasures, pg 3 12-3:45 Cards: 45's 1:30 CTI Bone Builders B 2 Computer Class	13. 9 Veteran's Breakfast: speaker to be determined ... 9:30 Computer/Tablet Assistance 11:30 Poker 11:45 Wii Games 12-3 Senior Social	14. Weekend meals will restart in Jan. 2020
19. 9 Pheasant Lane Mall Trip 9 Foot Clinic by Appt 9 On the Move 10 Fall Prevention Fair 12-3:45 Cards: 45's 1:30 CTI Bone Builders B 2 Computer Class	20. 8-9:30 Veterans Coffee Social 9:30 Friends Meeting 9:30 Computer/Tablet Assistance 11-3 Dinner Dance pg 7 11:30 Poker 11:45 Wii Games	21. Weekend meals will restart in Jan. 2020
26. 9:00 On the Move 12 Mindfulness Meditation & Yoga Khmer/English 12-3:45 Cards: 45's 1:30 CTI Bone Builders B Kwanzaa Begins	27. 8-9:30 Veterans Coffee Social 9:30 Friends Meeting 9:30 Computer/Tablet Assistance 11:30 Poker 11:45 Wii Games 12-3 Senior Social	28. Weekend meals will restart in Jan. 2020

December



First Lowell Rehab Apartments

Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



A commitment to care. A legacy of compassion. This is D'Youville.

D'Youville
LIFE & WELLNESS COMMUNITY

Short-term Rehabilitation • Long-term Care • Independent Senior Apartments
Adult Day Health • Alzheimer's and Dementia Care • Hospice
 Most insurance plans accepted

981 Varnum Ave. • Lowell, MA
 (978) 569-1000
 www.dyouville.org



Welcome Chef Joe Wilkins!

A very sincere note of thanks to Karl Correa, who managed our lunch program alone for six months this year. He will be taking some much deserved vacation this month and will be back in January. Thanks also to Carol Lannan, Frank Gomes, Arquimedes Contreras, Rudy Boehm, and our YouthBuild volunteers for keeping the kitchen running.

Breakfast Menu

Breakfast is available 7-9am for \$1.50. Suggested items for a nutritious meal will be provided along with extra choices. We'll continue to offer free coffee until 2pm each day, and donated bakery items to take home.

Monday	Tuesday	Wednesday	Thursday	Friday
Bagel Cream Cheese Milk Orange P. Butter/Jam	Oatmeal Toast Butter and Jam Milk Melon ½ c. cottage cheese	Bagel Cream Cheese Yogurt Cranberry Juice Eggs	Cereal English Muffin Milk Apple or Other P. Butter/Jam	Eggs w. Sausage Biscuit Potatoes Milk Orange Except VETERANS BREAKFAST: only Pastry before 9 am

The Greater Boston
FOOD BANK



MEMBER OF
FEEDING AMERICA

BROWN BAG

A distribution of pre-bagged groceries

December 10 (** 2nd Tuesday)

**FOR
INFORMATION,
CONTACT:**

Laura Marsan
(978) 946-1303

Justin Jordan
(978) 946-1279

Please bring
reuseable
grocery bags
or a cart to
carry your
food

In partnership with



35th
1984 ANNIVERSARY 2019

35TH ANNIVERSARY GALA
CELEBRATING 35 YEARS OF COMMUNITY SERVICE,
EDUCATION AND EMPOWERMENT!

FRIDAY, DECEMBER 13

**PAILIN CITY
6 BRANCH STREET
LOWELL, MA 01851**

For more information:
Sovanna Pouy
Executive Director
Tel: 978 804 8228
Email: spouy@cmaalowell.org

Vichtcha Kong
Board President
Tel: 978 996 2479
Email: vkong@washingtonsavings.com

December 2019

Lowell Senior Center





Lowell Senior Center



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



Monday	Tuesday	Wednesday	Thursday	Friday
American Chop Suey, garden salad, garlic bread, Mandarin oranges 2	BBQ Chicken with rice, tomato & cucumber salad, wheat bread, bananas 3	Roast pork, oven roasted potatoes, green beans, rolls, strawberries 4	Beef Stew, with white rice, multi grain bread, cantaloupe, cranberry muffin 5	Baked Pollock with rice, broccoli, wheat bread, pineapple 6
Slow cooked Spanish pork, rice & carrots, honeydew melon, bread 9	Shepard's pie with veg medley, wheat bread, Mandarin oranges 10	Spaghetti with meat sauce, garden salad, garlic bread, fresh pineapple 11	Asian noodles with chicken, sautéed carrots and greens, rolls, strawberries 12	Fish chowder, cod or chicken sandwich, fresh coleslaw, apricot halves 13
Stir fry chicken and vegetables with rice and dinner rolls, cantaloupe 16	Stuffed cabbage, with potatoes, corn, multi grain bread, diced pears 17	Chicken broccoli ziti Alfredo with garlic bread, peaches 18	Spanish chicken with potato, carrots, rice, wheat bread, pineapple 19	Dinner Dance: Chicken pie with fresh mashed potatoes, green beans, dinner rolls, chocolate dessert 20
Meat loaf, fresh mashed potatoes, peas, gravy, mandarin oranges, wheat bread 23	Chicken Scampi with egg noodles and sautéed spinach, wheat bread 24	Merry Christmas 25	Turkey with gravy, roasted potatoes, vegetable medley, multi-grain bread, cranberry-orange fruit cup 26	Chicken stew with rice and Brussel sprouts, fresh bread, fruit, winter squash 27
Mac-n-cheese, peas, broccoli, bread, yogurt 30	Potato and cheese pirogies, fried cabbage, kielbasa, bread, Celebration cake 31			

A donation of \$2.50 is requested for **lunch, served beginning at 11:15am**. Please be on site no later than 11:30 am if you want to have lunch. Funding for our meal program is made possible by MA Executive Office of Elder Affairs, Merrimack Valley Elder Services & City of Lowell. Menu subject to change!

The center is scheduled to reopen weekends starting in January 2020.

DECEMBER 2019 COMPUTER WORKSHOPS

Register in person
at the Library

Register online

<http://pollardml.org/events/library-calendar>

or by calling (978) 674-4121

CELL PHONE SKILLS

12/3 (TUE) @ 10AM

INTERNET & BROWSERS

12/10 (TUE) @ 10AM

MICROSOFT WORD

12/17 (TUE) @ 10AM

12/24 & 12/26

INTRO TO PCS

12/5 (THU) @ 2PM

EMAIL

12/12 (THU) @ 2PM

DIGITAL PHOTOS

12/19 (THU) @ 2PM

HAPPY HOLIDAYS!

MICROSOFT EXCEL

12/31 (TUE) @ 10AM

**SENIOR CENTER BRANCH
LOWELL LIBRARY**

In case you missed it!!

LTC has recorded two recent panel discussions hosted by the senior center. Check them out on cable TV or watch online:

Sep. 17 - Paid Community Service Opportunities

<https://youtu.be/XOjM3O6LLqA>

Oct. 15 - Reducing Homeowner Costs for Seniors

<https://youtu.be/n9v1L6kGB6s>



Winter Heating Bills Got You Down? Check your other Utility prices!

Lowell offers water discounts to single-family homeowners who are age 65+ and live in their home, and you can opt for smaller trash bins to reduce your refuse fees. Visit the Water Utility web-site, or stop by the Water Utility or Senior Center for an application.



Did you know we have an organ?

We have a beautiful organ that was donated and used by the Lowell Senior Center singers in the past. If you know someone who plays the organ, please invite them to come check it out. We'd love it to be available for practice and to play with the singing group again. If we don't find people able to use it here, the organ may be donated to another organization. Please let us know if you know an organization that is seeking one. Thanks!! Our upstairs lobby piano is also available for practice use all week.





COFFEE SOCIAL

Fridays, 8:00 to 9:30 am at the Lowell Senior Center Board Room on the 2nd Floor. Presented by Edith Nourse Rogers Memorial Veterans Hospital (Bedford VA) & Lowell Veteran's Services. Join us for coffee, conversation, camaraderie, & support in an informal atmosphere to socialize and discuss issues such as Healthcare, upcoming events, helping others, community involvement, VSO assistance, and benefits. For more info, contact: Steve Hines at 781-687-3173 or Eric Lamarche at 978-970-4070.

Veteran's and Widows

You may be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES if you are an unmarried veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

You may also be entitled to FINANCIAL ASSISTANCE: if you are an unmarried senior citizen veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

Note: The home you live in and one vehicle are not counted as assets. This is an entitlement of benefits based on your, or your spouse's, military service. Call the Veterans Services Office to arrange an interview to see if you qualify for benefits. The law requires the Veterans' Services Officer take your application and forward it to the Massachusetts Department of Veterans' Services. If you need more information please contact your Veterans' Services Officer, Eric Lamarche by email at elamarche@lowellma.gov or by phone at 978-674-4066.

UNWANTED MEDICATION AND SHARPS DISPOSAL DAY

Tuesday, December 3, 2019
2:00 pm - 6:00 pm

Lowell Health Department
341 Pine Street, Lowell

Free Event! Easy Parking!

Call 978-674-4304 or www.LowellMA.gov for more info

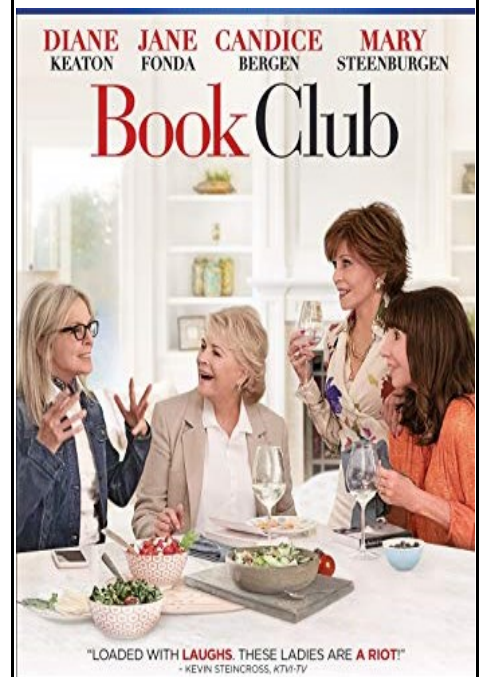
Monday,
December 2, 2019

Meet the Fockers



Monday,
December 30, 2019

Book Club





Welcome Friends

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**Friday, December
27th at 9:30 am**

Public Welcome

Friends of the Lowell Council on Aging

The Friends of the Lowell Council on Aging Center Inc. is the fund-raising group for the Lowell Senior Center. Funds raised are utilized for many purposes. Annual Fee is \$5 Per Person and membership includes voting rights. Meetings are held on the last Friday of the month at 9:30 a.m. in the Board Room on the second floor of the Senior Center. No meetings are scheduled in July and August. Donations are accepted and happily welcomed.

Last month's meeting was held November 22 instead of November 29 due to the Thanksgiving holiday. This month's meeting is uncertain, but as we did last month, if there is a changed date, it will be posted at various places in the center.

Starting December 1, 2019 our membership drive starts for 2020. We have approximately 500 tried and true members. Anyone can be a member of the FLCOA whatever the age. When this organization was established in 1999 the majority of the board members as well as the membership were under the age of 60.

The annual fee is \$5 per person and membership includes voting rights. This is not a fee to belong to the senior center. Anyone 60 years and older is eligible to use any senior center in Massachusetts free of charge. We are an independent organization that helps supplement the budget for the Council On Aging. So you can consider giving a membership as a gift to family members and friends regardless of their age. The more members we have the more revenue we can raise for the COA. Not only by the \$5 annual cost but also giving us a greater participation in our 2 yearly raffles.

Keep on the lookout for Christmas activities. In past years there has been a party at city hall as well as here at the center for volunteers.

As always everyone is welcome to attend our monthly meetings to see what we have added to the center and express your thoughts on what we can do to help keep the center a place for all seniors to enjoy.

The Friday Afternoon Connection

Support Group for Grandparents/Kinship Caregivers Raising Grandchildren

First Friday of Every Month

1:00 - 2:30 pm

Lowell Senior Center

276 Broadway, Lowell, MA 01854

Come meet other grandparents and kinship caregivers who are raising their grandchildren.

Light Refreshments and coffee served.
Resources, information and presentations to be scheduled.

To RSVP call Cindy Hession-Richard LSW, CDP at 978-946-1445.



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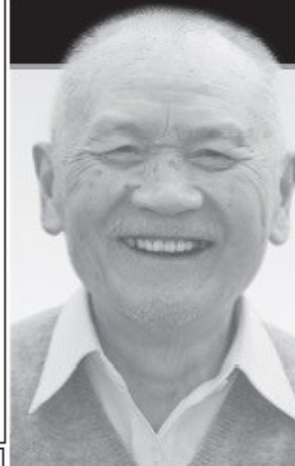
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Veterans' Breakfast at the Senior Center, Nov. 8, 2019

Above: Veterans, City Manager Eileen Donoghue and City Councilors Rodney Elliott and David Conway. **Left:** Bayberry at Emerald Court prepared breakfast. **Right:** Fourth graders from Murkland Elementary School sang their thanks!